

# THE CAMPUS HERALD

Volume LVIII, Number 2



September 11, 2013

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First Smartphones and now Smartwatches. We looked closer at Samsung's new Galaxy Gear.

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### Where's Willie?

Search this issue for Willie, send a picture of him, via your JWU email to [ifoundwillie@gmail.com](mailto:ifoundwillie@gmail.com) for your chance to win movie tickets!

3 Winners! Submissions End Sept. 22nd

## All-star comedy lineup wows the crowd at Wildcat Welcome

Nicole Guzman

Advertising Manager

Each year, Students Activities hosts the Annual Welcome Week for the Johnson & Wales community! This week consist of a series of events such as the infamous Student Activities Night, the free Six Flags trip, a hypnotist, and the memorable Comedy Show! This year, we had the privilege of interviewing the comedians for the Comedy show: Judah Friedlander (from NBC's 30 Rock), The Lucas Brothers, and Alice Wetterlund (from MTV's Girl Code.)

This year the comedy show was held at the main gym of the Wildcat Center, filling over 600 seats. The four comedians surely entertained and engaged the Johnson & Wales students as they joked about college experiences, the country's current state, and their very own personal encounters. Gratefully, we had the opportunity to sit one on one

with each comedian and asked about their careers.

We first interviewed Judah Friedlander, who some of you might recognize from NBC's 30 Rock, Meet the Parents, Zoolander, Old School, and Starsky & Hutch, just to name a few. We were able to ask about

Judah Friedlander: "Well, uh, there's a few different uses of these hats. I first started making these about 17 years ago; I come up with all of the sayings I make them all. I a l - w a y s

comedy, so let's add some more comedy to it. There's jokes and stories about every single hat I wear."

We noticed Judah wearing a red trucker hat with sign language and the American flag printed on.

Campus Herald: What is the meaning behind the hat you are wearing right now?

Judah Friedlander: "Well this hat says world champion in sign language, which is from when I won a world championship which was a karate death match for charity. My karate kicks were very powerful and all of the judges went deaf, so I made the hat in sign language."

Campus Herald: Who or what inspired you to start a career in comedy?

Judah Friedlander: "Well, I started writing jokes when I was 16 and first started stand up when I was 19. I saw a comedy show one night at about 2:30 a.m. in the morning and I didn't know you can be a comic before that! The show featured all unknown comics. Before, you would always see these big comic TV stars. On this show, they talked about comedians and

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## Spotlight: Dean McVety

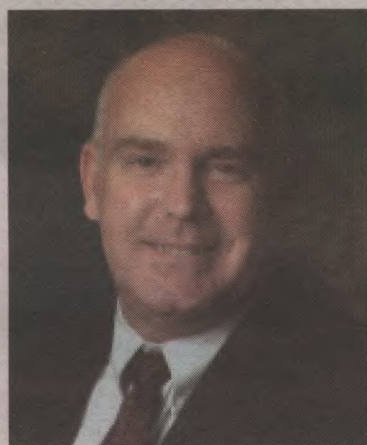
Ali Fuller

I&O / Tech & Design Editor

After the first week of school, we are hoping the Johnson & Wales community is thriving on back to school activities, beginning new classes, meeting new students, and of course meeting new faculty members. We introduced Dean Lehmuller last issue, and for this issue our spotlight is on Dean Paul McVety. Dean McVety served as interim dean at the Providence Campus College of Culinary Arts during the 2012-2013 academic year. McVety is the dean of academic program development within the Office of the Provost. He will be responsible for leading undergraduate and graduate education program development. He will specifically provide leadership in the research, development, and implementation of goals, strategies and action plans to develop new

academic programming.

Dean McVety joined JWU as a Food Service instructor in 1978, was promoted to department chair in 1980, then to assistant dean in 1992, and to associate dean in 2000. He was named



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## The Hundred Year House

Elizabeth King

Staff Writer

In October of 2012, Johnson & Wales made a purchase that will change the lives of students for years to come. Located at 135 Norwood Avenue in Cranston, the Centennial House now holds 35 of the University's top students who were chosen through a lengthy application and selection process to live in the cooperative housing environment based around service and excellence in the community. Formerly the Sophia Little Home for troubled young women, the Centennial House now features over 20 bedrooms for

students (including single and double rooms), along with multiple communal bathrooms, TV, study, and lounge rooms, a full, industrial-equipped kitchen, a dining room, laundry facilities, and more.



Current house members will choose future residents based on multiple factors. All students

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# 2 CAMPUS NEWS

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### Mission Statement

The Campus Herald shall provide, in a fair and accurate manner, news of interest and significance to Johnson & Wales University community and serve as a forum for the expression of ideas of members of that community. Furthermore, The Campus Herald shall provide an opportunity for students to pursue experience within a professional newspaper environment.

### Advertising

Johnson & Wales University's student newspaper, The Campus Herald, distributes 1,500 copies every other Wednesday at over 50 locations on campus. It is free to all students, faculty and staff.

Please contact Nicole Guzman, Advertising Manager, 401-598-1489 or NAG614@jwu.edu for more information, including rates and payment methods.

### Coverage Requests

Requests for coverage and tips should be submitted to the Editor in Chief and/or the relevant section editor. Please e-mail: jwucampusherald@gmail.com.

### Letters to Editor

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### Standards

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## Spotlight: Dean McVety Cont.

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dean of culinary academics in 2000, and held that position until last year. He was recognized with the prestigious Escoffier Award, which recognizes the faculty member who has most contributed to inspiring future culinarians. Dean McVety is co-author of two books on menu planning and food service cost control and many of the editions of the textbooks used in the University's culinary curriculum. His education began at Johnson & Wales, first with an Associate in Science degree in Culinary Arts in 1976, followed by a Bachelor of Science degree in Food Service Management in 1978. He earned his Master of Education degree from Providence College in 1989, and a Doctorate of Education in Educational Leadership from JWU in 2009.

We are fortunate to be surrounded by such successful leaders in our academic community. With that being said, I interviewed Dean McVety, hoping this will give students and staff opportunity to get to know another new staff member on campus.

**What are you most looking forward to for the upcoming 2013-2014 academic year?**

I am looking forward to seeing students back on campus, engaging in student activities, engaging in academic learning experiences, developing new academic programs, and celebrating JWU's 100th year!

**Upon receiving the position as Dean of Academic**

**Program Development, what interested you most about your present role at Johnson & Wales?**

I truly enjoy being a part of a student and/or faculty member's professional development. It is a great feeling to know that you have influenced that person's life.

**When you are not working, do you often find yourself in the kitchen at home?**

Yes, my wife is an excellent cook!

**Who is your favorite celebrity chef, and why?**

Ming Tsai because he is an excellent chef and teacher...he explains so much about the ingredients.

**What are your short-term goals for the academic school year?**

Engage in thoughtful conversation with students and faculty members about new academic programs, enhance the new academic program development process, and develop new academic programs.

Dean McVety wants students to know he is extending an invitation to any student who would like to discuss ideas for new academic programs. You may contact him at pmcvety@jwu.edu. If you see Dean McVety on campus make sure to congratulate him on his new position! Hope everyone is staying busy, enjoying the first week back on campus, and is enjoying the start to the 2013-2014 academic year!

## Welcome First Year Wildcats

Katherine Taylor

Copy Editor

Monday, September 9, 2013 was the official convocation of the freshman classes of 2015 and 2017. The ceremony was started off with a staff procession and an official Wildcat welcome from Johnson & Wales Providence Campus President, Dr. Mim Runey. The new Honor Code was presented to students, and the themes of the welcoming speeches all seemed to focus around the Honor Code. Words like commitment, pride, honor, and respect are the key principles of what JWU expects from incoming students.

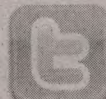
Throughout the whole ceremony, multiple references were made about getting involved, making a difference, and enjoying college. Campus President Dr. Runey, Alan Shawn Feinstein

of The Feinstein Foundation, faculty representative Dr. Scott Palmieri, and Student Government Association President Morgan Dillon all made remarks addressed to the students. Each speaker addressed a specific way to experience college to the fullest.

Following remarks, each School was introduced and the deans, professors, and students were acknowledged. Keynote followed, and was given by JWU alumna, Heather Singleton. As a 1997 and 1999 graduate, Singleton has gone on to become the senior vice president of education for the Rhode Island Hospitality Association Education Foundation. She is someone who incoming freshman can strive to model. Overall, convocation was a great first introduction to Johnson & Wales University first year students.

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## The Hundred Year House Cont.

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living in the house must comply with set community service requirements and house rules. The house is currently led by a group of house leadership that includes the Graduate Assistant, Dan Stuller; President, Kevin Walton; Manager, Trumane Trotman; Secretary, Jess Gritz; Treasurer, Paige Summers; Community Outreach and Service Coordinator, Scott Cox; and Kitchen Manager, Alex Silvini. All care for the house is done by residents, and mandatory house dinners and meetings are held weekly to help members bond and discuss solutions to any issues that may arise.

On Tuesday, September 3, a dedication ceremony was held to officially open the Centennial House to the University and surrounding community. As many students may or may not know, 2014 marks the 100-year of the founding of JWU (hence, why the new house is known as "Centennial"), and many powerful officials came out to celebrate this momentous occasion. Residential Life and Centennial House residents welcomed figures such as Providence Campus President, Dr. Mim Runey, and JWU Chancellor, John Bowen, as well



as the mayor of Cranston, Allan Fung. Each of these three outstanding individuals, along with the Centennial House President, Kevin, gave a speech wishing the best of luck to the house members and stating their high hopes for the potential of these students to make a profound impact on the community.

"Centennial House will be a great teaching and learning environment for our students," said President Runey. Mayor Fung added, "What's so meaningful to me is the community impact that each and every one of [the house residents] will have... it is

so important to all the citizens of Cranston to build a better neighborhood."

After the speeches were delivered, Chancellor Bowen bestowed a symbolic key to the house upon House President Kevin, and the two cut a blue ribbon to open the house to the Cranston community. Following the ceremony, Centennial House residents welcomed officials, faculty, staff, and neighbors into the house for open house tours, where Residential Life and the JWU Commissary Bakery provided gifts and refreshments.

The university has invested

over \$2 million into improving the Centennial House, and it is easy to see where the resources went. The House has many outstanding features that make it an incredibly unique living environment, and it is definitely a new kind of residence hall. As the first of its kind, the Centennial House has already attracted lots of attention, and its exceptional residents are eager to show both the university and community the great potential of this new housing opportunity.



# Six tips for improving your Google search results to get a job

Mary Ann Bohrer  
Guest Contributor

85% of Hiring Managers Make the Decision to Hire Someone Based on Positive Google Results

Now that summer is winding down, people are turning their attention back to work and school. But many are not aware that one factor – how you appear when someone Google's your name – is one of the most important factors that determine whether you get hired or not.

Googling a name has become commonplace. In fact, over 1 billion names are Googled every day – more than the entire population of the U.S. and Europe combined. So, unless you live in a cave, you've been Googled.

According to Patrick Ambron, founder and CEO of BrandYourself.com, anyone who is looking for a job must maximize their Google search results in order to get hired. "Most people don't know that 75% of HR departments are required to Google applicants. That means, if you're hoping to get hired, you better look good," said Ambron. "And what these HR departments see definitely matters. 85% of hiring managers solidify their decision to hire someone based on positive Google results, and 70% solidify their decision not to hire based on negative ones. And this doesn't just apply to job applicants. This can affect people who are applying to colleges, or even joining online dating services."

BrandYourself co-founder Pete Kistler experienced Google search discrimination firsthand, when he was a college student. Kistler couldn't get an internship because he was being mistaken for a convicted sex offender with the same name in Google, and he was quoted \$8,000/mo. by reputation management firms to clean up his search results – a price that Kistler could never afford to pay. So he and his college classmate, Patrick Ambron, founded BrandYourself.com, which has a DIY product that en-

## Six Tips For Improving Your Google Search Results

According to Ambron, it's pretty important to have control over your online presence—not only to keep out the negative stuff, but also to make sure your results are painting the picture you want people to see. Ambron recommends these six steps to get started.

### 1. Google Yourself

The first step is knowing exactly where you stand. If you're like most people, you fall into one of three categories: the negative category, the irrelevant category, or the "hey, that's not me!" category. While there are different strategies for each situation, your end goal is to fall into the "This person looks awesome!" category. And the tips below are a great start no matter what.

### 2. Claim Your Domain

Next, before you do anything else, visit a domain registrar like Hover.com and purchase all domains containing your name (e.g., yourname.com, yourname.me). It's the most important thing you can do, and it only costs 12 bucks a year. Domain names show up high in searches for your name, so this is the fastest, easiest way to get a result on the first page of Google. Even if you're not planning to create a personal website right away, you'll at least prevent other people with your name from stealing your results.

And if someone has taken your name? Don't worry. First, check to see if all variations are taken, including yourname.me, yourname.org, and yourname.tv. If they are, choose a domain that still includes your full name. For example, Patrick-Ambron.com, PatrickAmbronblog.com, and PatrickAmbronOnline.com are all better than AmbronP.com. Even if your name is John Smith, there's bound to be at least one remaining domain name for you.

### 3. Build a Personal Website

You should have at least one hub on the web that showcases everything about you—your work history, education, accolades, personal interests, and so on. Hint: The more comprehensive



## THE STREET FEED



**What addition would you like to see at next year's Wildcat Welcome Week?**

I wish JWU would bring back the Welcome Luau with the smoothies and the Hawaiian theme. It was very fun! They had free smoothies and little snacks, everyone had on the coconut bras and grass skirts and we just hung out at the green space.

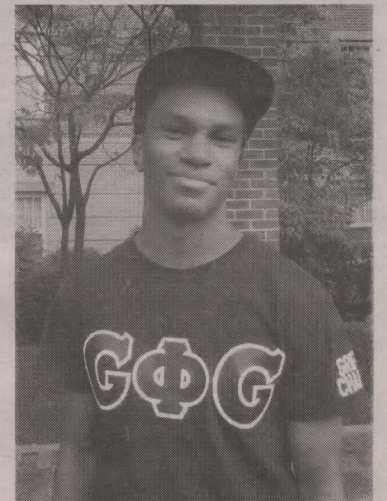
- Keyanna Benton, Senior Restaurant Food & Beverage Management



**What events are you planning on attending this upcoming week?**

I'm going to the event 'Are you Smarter than a Freshman?' because it's really interesting to see what Freshmen have to say, if they actually know what they're saying. I'm a Junior right now and I know that I might not be smarter than a Freshman. I might have the same capacity as them, so this should be interesting!

-Dinanda, Junior Bernadeau Fashion Merchandise



**Did you attend the comedy show this weekend? Who was your favorite comedian?**

I did attend the comedy show; I think it was pretty good. The second guy with the curly hair (Judah Friedlander), I liked him. He was faster with the punch lines and it was an awkward comedy and I like that. It was run pretty well, but I would like to see Dave Chappelle next year! Shoot for the starts!

-Andrew Hooks, Sophomore Culinary

Google

your name here

your name here

your name here lyrics

your name here straylight run

your name here movie

Press Enter to search.

create multiple hubs. The more content you have in Google, the more likely you are to show up.

### 4. Get on the Four Main Social Networks

That's Facebook, LinkedIn, Twitter, and Google+. (In fact, the more social media profiles you create—think Pinterest, Reddit, Instagram—the better.) These are credible sites that Google

just try to create a username that still includes your name (like Patrick-Ambron or PatrickAmbronPR). Then make sure you optimize it. On that note:

**5. Do Basic Search Engine Optimization (SEO) Now that you have a website, domain, and social media profiles, make sure they're "search engine optimized." While SEO can be complicated, there are a few basic things you can do that will make a big difference:**

\* Use Your Actual Name Wherever Possible: Quite simply, if your name isn't found on a page, Google won't consider that page a relevant result when people search your name. That means, use "Patrick Ambron," not "Pattyboy22."

\* Fill Your Profiles Out Completely: You might notice that people often leave their Facebook profiles' "About" section blank. While it may not be important to you personally, the more information about you on a page, the more likely Google is to rank it higher. So complete your LinkedIn profile 100%, add in your Twitter bio, and fill out every section you can on Facebook. It will make a difference.

\* Link Them All Together: Make sure that all of your profiles and webpages link to each other.

When I find your LinkedIn profile, I should be able to get from there to your website. When I get to your website, I should be able to find everything else, and so on. Google counts every link to a page as a vote for that page's credibility, so the more relevant pages about you that link together, the higher they'll all rank.

### 6. Monitor Your Results

Even if you look great now, it only takes one poorly judged photo tag or a blog post from a disgruntled partner to ruin your search results. Either Google yourself on a regular basis or use a tool like BrandYourself that will alert you when things change and tell you what you can do about it.

Take it from my partner, Kistler (and me) from BrandYourself.com: You definitely don't want to leave your Google results to chance. Taking a few hours to clean up your online presence can make a big difference—in how you look on Google, in how future employers see you, and in your professional future.

ables average people to manage their own search results for free.

Since its launch over one year ago, BrandYourself.com has helped over 250,000 people take control of their own search results. Here are six tips from Patrick Ambron from BrandYourself on how to improve your own Google search results for free and, hopefully, land that job:

you make it, the higher it will show up in Google. With free tools like WordPress and Tumblr that let you set up and maintain your site pretty easily, there is absolutely no excuse not to have one.

If you're really serious about owning the first page of results for your name (like if you're trying to, say, bury a drug dealer),

trusts, so they tend to rank very high for your name. You don't need to super active on these sites—just create a profile and fill out all of the fields, and that's another positive result you control.

Again, you're also claiming your name so that other people with the same name don't beat you to it and get that result instead. If they do beat you to it,



# 4 CULINARY ARTS

## A new twist on an old favorite

Krista Christensen

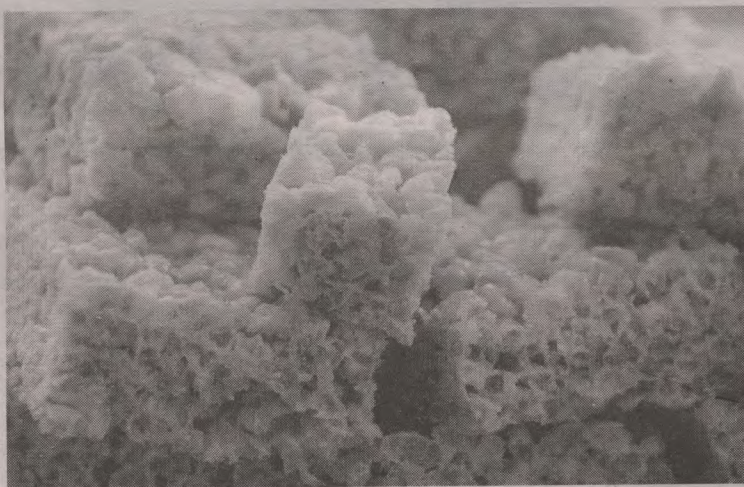
Culinary / Life & Style Editor

For years, children and adults alike have been eating Rice Krispie Treats. They are soft, chewy, and contain the perfect amount of sweetness. Rice Krispie Treats are a great afternoon snack or dessert. What many people don't realize is how simple they are to make. They don't require any baking whatsoever. This makes it super easy for college students to make them. Rice Krispie Treats are usually made with regular Rice Krispies cereal. However, I discovered that you can use other cereals as well, such as: Cocoa Krispies, Fruity Pebbles and Trix. Using these various cereals can create a new treat that everyone will love. I've taken the following recipe from ricekrispies.com and substituted other cereals instead of using Rice Krispies. Enjoy!

### Ingredients:

3 tablespoons butter or margarine

1 package (10 oz., about 40 regular marshmallows) or 4 cups miniature marshmallows



6 cups Kellogg's® Rice Krispies® cereal

### Directions:

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add Kellogg's® Rice Krispies® cereal. Stir until well coated.

3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

### Microwave Directions:

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

### Notes:

-For best results, use fresh marshmallows.

-1 jar (7 oz.) marshmallow crème can be substituted for marshmallows

## Loco for local: Providence's Hope Street Farmers Market

Sarah Abbott

Staff Writer

What better time to shop for fresh produce and local goodies than towards the beginning of fall? And what better place to shop for fresh produce and local goodies than a farmers market? Well for all you farm fresh, local loving students, you're in luck! At

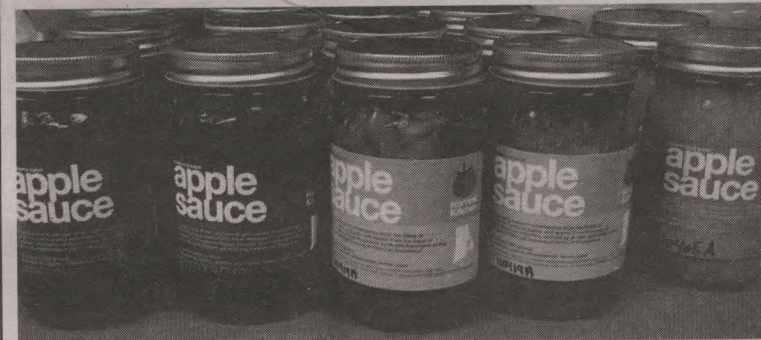
Lippitt Park, on 1059 Hope Street in Providence (right near the cultural Thayer Street), you'll

find the Hope Street Farmers Market. This farmers market is opened Wednesdays 3pm-6pm, and Saturdays 9am-1pm, and lasts until October 30.

You can find out more about Hope Street Farmers Market on [www.farmfresh.org](http://www.farmfresh.org), where everything from their vendors to the local restaurants that buy farm fresh is posted.

Below are a few of the awesome vendors you'll find at Hope Street Farmers Market!

### Harvest Kitchen



### Seven Stars Bakery



### Narragansett Creamery



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## Julia's Journeys - Portugal

### A Travel Column

**Julia Abbiss**

Arts and Entertainment Editor

If you're looking for a cheap vacation in a beautiful coastal country where the vacationers are mainly European tourists, Portugal is the place for you. In this issue, I'll give suggestions of what to try, what to avoid, and what I would do next time I visit.

Try:

Listening to a Fado: Fado, English for Fate and Destiny, is a style of performance music that sounds Opera-like. It is performed with such passion and emotion that it is hard not to be transfixed by the singer and accompanying guitarists. Fado clubs are dispersed all throughout the capital city of Lisbon, you just need to find one that isn't overly touristy and, preferably, without a cover charge (which is not easy). Regardless of the venue, it is an authentic, fun night on the town.

Wine Tasting and Ginja : On Lisbon's Commerce Square (Praça do Comércio) you'll find the Wine Tasting Center at Vini Portugal. Here you'll be able to taste wines from all over Portugal, and a host will tell you which region it is from, noting the differences between each glass. The best part, it's FREE. All they ask in return is to take their two minute survey. As a backpacker on a budget and an appreciator of wine, I basically ran here. But if you're looking for a drink that is a little stronger and a favorite of

the Portuguese, try a shot of Ginja, a sour cherry liqueur. A tiny hole-in-the-wall bar that serves €1 shots is Ginja D'Alfama, in the Alfama region of Lisbon.

Belém: A short tram ride from Lisbon's city center, Belém



is a perfect place to spend the afternoon. Upon entering the center of town, you'll be astounded by the monstrous Jerónimos Monastery. Walk inside and take in the beautiful and ornate interior, which is free to explore. Once done, walk across the street to the Tagus River, where you'll find the breathtaking Padrão dos Descobrimentos. This monument is a tribute to Portugal's Age of Exploration and depicts the explorers on their voyage to find trade routes to India and Asia. It's stunning. To complete your afternoon, make your way to the historic Pastéis de Belém. It is believed that this café's specialty, the Pastel de

Nata (an egg tart pastry) was created in the 18th century by the monks in Jerónimos Monastery. Since 1837, the bakery boasts that they haven't strayed from the ancient way of making these pastries, and even has a window where you can see them being produced.

Sintra: About a 40 minute, cheap train ride outside Lisbon, Sintra is definitely a must-see and a great day trip. This quaint town is host to Portugal's oldest surviving national palace, as well as the Pena Palace and Moorish Castle. The Pena and Moorish Castles are located up a steep mountain from the town's center, which can be accessed by an available bus. But again, if you're on a budget, and would like to have, in my opinion, an even better and rewarding experience, I would recommend hiking it up the trails. The ruins of the Moorish castle are amazing and offer stunning views of the country. Suggestion: Bring lunch and eat it atop the highest point of the ruins. It's a great place to relax and people will be envious of your smart thinking. After, trek a little bit more up the mountain until you reach Pena Palace, a colorful castle that honestly looks fake



Photographs // Julia Abbiss

and is full of history.

To Avoid:

Fried Seafood: Although I hate to admit it, as a foodie, I was disappointed. Portugal is famous for their fresh seafood, so I was pumped to dive in and try it for myself. The first dinner I had consisted of a fried fish (I believe Cod) that was accompanied by fried potatoes and vegetables.

Everything was super greasy. I would like to say that it only happened once, but everything I tried after, I felt like I needed to consume buckets of water to subdue the saltiness of each dish. I unfortunately, found that I couldn't find anything truly Portuguese, nor recommendable. (Except for the pasties de nata!)

Next Time:

Algarve: For a future trip, I definitely want to check out the Algarve region of Portugal, located along the southern coast. It's the place to be for European vacationers and the beaches look absolutely stunning. Plus their wine was my favorite from the wine tasting!

Stay tuned for my next column where I will be taking you to Madrid, Spain! If you would like to add your own "Best to Try or Avoid," of the countries/regions talked about, comment at facebook.com/jwucampusherald. Happy Travels!



## Easy Home Remedies for College Living

**Elizabeth King**

Staff Writer

There are a lot of little things that can keep you from feeling your best, but it's often a waste of time and money to run to the pharmacy to pick up something over the counter. Sometimes you may even be tempted to run to a doctor for a prescription, which is even more costly! Here are some quick, easy, and natural remedies you can try instead of pharmacy pills:

1.) Sore Throat: Try sucking on a teaspoon of honey to soothe your throat, or gargle with warm salt water or antiseptic mouth rinse (like Listerine) to kill the germs causing your pain.

2.) Upset stomach: Drinking ginger ale is great for calming the stomach and reducing gas. Sucking on a peppermint or peppermint tea can also help, although it is not good for those suffering from acid reflux. If you suffer

from cramps or diarrhea, drinking warm milk can help soothe your tummy, along with helping you get to sleep.



3.) Congestion: Inhaling the steam from a hot shower is a great way to clear your sinuses in cold weather, but adding some Echinacea to a cup of boiling water and drinking it can help as well. Another solution is what

is known as a 'hot toddy,' where you add a shot of brandy to a cup of hot tea. However, this cure is only recommended for those 21

or older; please use this remedy responsibly!

4.) Toothaches: Try adding a teaspoon of baking soda to a glass of water or chewing fresh oregano to ease mouth pain.

5.) PMS: Add some avocados

to your sandwich at lunch or dip your chips in guacamole. Avocados are rich in magnesium, which can help aid the ails of that time of the month.

6.) Migraines: Adding tomatoes to a salad can go a long way in reducing migraine headaches. These fruits, yes, they are technically fruits, are high in niacin, which can ease the pain of a migraine.

7.) Blisters and Scars: Culinary students are all too familiar with scars from burns and blisters from long hours on their feet. Try rubbing vitamin E oil on wounds to prevent and diminish scarring. Also, applying a layer of Vaseline to your toes and heels can reduce blisters.

8.) Urinary Tract Infections: Drinking green tea is good for both your metabolism, and reducing the pain of a UTI, although, it is still recommended to see a doctor about these.

9.) Sunburns: Clean your burn with some antibacterial soap, then rub some soothing aloe vera gel on it for a quick, comfortable cure.

10.) Hangovers: Feeling punishment from a night of partying too hard? Swig down a teaspoon of olive oil to bring some relief. And be sure to drink water while drinking next time, as dehydration only exacerbates hangover symptoms.

11.) Cold sores: Yogurt is not only a healthy snack; it can also shorten the time that you suffer from an unsightly cold sore.

12.) Leg cramps and Charlie Horses: Pain in your legs can be reduced with some easy stretching, and why not snack on a banana afterward? The potassium in bananas can help reduce the pain of cramping.

13.) Rashes and Eczema: Soak the affected area in an oatmeal bath to soothe and diminish bothersome rashes.

14.) Hiccups: A spoonful of sugar helps the medicine go down, and it can also cure an annoying case of the hiccups!



## All-star comedy lineup cont.

Continued from page 1

comedy clubs that they're playing at, so I'm like 'I want to do that. I started doing open mic's, which is basically the only way to start and I just kept doing it.'

**Campus Herald:** Do you ever get nervous when you're on stage in front of a big audience?

**Judah Friedlander:** "Mmm, not really no. I mean when I first started yeah, but to me now it's pretty normal."

**Campus Herald:** Of all the big stars you've worked with (Tina Fey, Alec Baldwin, Tracey Morgan, Ben Stiller, etc.) who meant the most to your career?

**Judah Friedlander:** Oh boy, that's a tough one you know, um. Yeah I don't know, I'm trying to think about people I've worked with and who would like...it's nothing specific but I had a small part in Zoolander. I played Scrappy Zoolander, one of the brothers of Derek Zoolander and John Voight played the father Zoolander and John Voight who you might know better as Angelina Jolie's dad, amazing actor you know, he's won an



Oscar and stuff. He was so nice and welcoming, we worked together so much on those parts off camera; I really learned a lot from him. Not only did I learn a lot from him but he was also very inspirational with his work ethic and love for what he does. You know, it's not just a job, it's an artwork, and it's a passion. Unlike some people, he was a very giving person where he wasn't trying to hog the scene and steal a scene from you and he wanted to do well, he wanted to be in collaboration. So I've learned a lot from him and it was all great stuff."

Friedlander was generous enough to allow us to interview him during his meal before the show. He also spoke very highly of the food that was provided by Red Sauce. "Johnson & Wales, best cafeteria food I've ever had. Give yourselves a round of applause," Friedlander said as he stuffed a spoon full of chicken parmesan in his mouth. Not only was Friedlander very open and welcoming, he seemed to truly enjoy himself at Johnson & Wales, so much that he stayed after the show ended to greet his fans. Way to go Judah!

Although Friedlander was

a great act to have, The Lucas Brothers left their mark at Johnson & Wales University as well. This interview was a bit unusual, seeing as how there are two of the same act. Some would say double the trouble, we say double the fun!

**Campus Herald:** Congratulations on the show (Lucas Bros Moving CO on Fox)! How do you guys think this will impact your careers?

**Lucas Brothers:** (Keith Lucas) "I think it's going to have a pretty good impact, I mean it's a different way to get our comedy out, it's a different vehicle." (Kenny Lucas): "Yeah, it's going to be cool. It's going to be awesome. It will really help out our career, absolutely."

Throughout this interview, it seemed as though Keith must have read Kenny's mind because he did most of the talking while his twin brother mainly nodded in agreement and chuckled at his brother responses.

**Campus Herald:** Who or what inspired you to start a career in comedy?

**Lucas Brothers:** (Kenny Lucas) "I would say Larry David." (Keith Lucas) "The dude that created Jerry Seinfeld. That show in general is probably what involved us. Seinfeld talks about things that I like to talk about. It also has like a philosophical bent. It was also just completely silly, so they didn't have like dramatic moments; it was just all silly which I like."

**Campus Herald:** How is it working together with your brother? Have you guys ever thought of a solo career?

**Lucas Brothers:** (Keith Lucas) "I prefer to work with a team because you know, you have a shoulder during pressure. It's always just good creating things with another person, I feel as though if I were by myself I would be half as creative, I mean obviously I would probably go insane too." (Kenny Lucas) "No, it's definitely better with a partner because you can run your ideas off immediately and you don't need to run it off in front of an audience all the time. He's the yin to my yang."

The Lucas Brothers were sure to leave some warm felt words to you wildcats: "Have good luck for the academic year, thanks for having us and continue to prosper!"

We also had the opportunity to speak with Alice Wetterlund from MTV's Girl Code about her inspiration, and challenges in the comedy scene.

**Campus Herald:** How has premiering on MTV's Girl Code impacted your career?

Alice chuckled as she answered this question.

**Alice Wetterlund:** "Um, well I definitely have a lot more younger fans now in the 13 to 17 year old range which is great, I really love actually all of the fans, they're really cool. A lot of it has been surreal but it's very cool. I love it, I love it, I love it, I love the Girl code fans. Like I was surprised that they were so awesome and intelligent and super! And also, there's a lot of older guy fans which is disgusting, yeah super gross."

**Campus Herald:** What's the next step going to be in your career? Where do you see yourself in a couple of years?

**Alice Wetterlund:** "Um, I am so excited to launch my new fragrance of deodorant, it's called 'New Spice.' OKAY! It's not really real, I just made that up! No, I'm going to be doing some acting; I'm going to be on an episode of 'New Girl' coming up on FOX, that's going to be exciting. I'm trying to do some more acting and trying to get my swing better for next year's baseball season!"

**Campus Herald:** How is being a female in the comedy scene? Are there any specific challenges or achievements?

**Alice Wetterlund:** "Um, it's tough to be a girl comic. It's a male dominated industry still, a lot of girls get opportunities because they're girls and they are trying to fill out people. Comedy clubs don't want to have all male line ups anymore so it's tough because sometimes you get pulled in because you are a girl and they don't know anything about you and they don't really respect you. They also don't think you're going to be very good so you have to work twice as hard to prove that you're good at stand up, but there's a lot of great female stand ups. Some of the people I look up to the most are female comedians. So it's changing; it's definitely changed since I started."

We are very grateful to have had the chance to interview these comedians and we welcome them back to JWU anytime! They sure brought

a great deal of entertainment and laughter to the university. The show itself last about two hours in total. Alice Wetterlund began the show with her quirky sense of humor; the Lucas Brothers followed her with their team play, which all lead to the final act, Judah

Friedlander to close the show, leaving the crowd laughing and full of joy. It was a great turnout at the event, and Student Activities continues to search for great entertainment for JWU. We hope next year's show will be able to live up to the standards set by this one!

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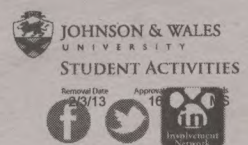


# BACK TO SCHOOL BINGO

**Eight P.M.  
September 30  
Come for Free Prizes!  
Wildcat Center Lounge**



## CAMPUS EVENTS





## Sky is the limit!

**Naim Leary**  
Staff Writer

There's never an endpoint when it comes to Johnson & Wales University's achievement. Since the year of 1914, the university has hit the ground running and has yet to stop. In 2014 we will be celebrating the university's hundredth year of existence. Johnson & Wales University is always expanding to create a better opportunities for students. For example, the athletic department had seventeen varsity teams, and recently just added Field Hockey.



Not only does JWU have one hundred years of the existence to celebrate, but will also be celebrating welcoming the eighteenth varsity team to the Wildcat family. Last year, the field hockey team was only an intramural sport at Johnson & Wales University. Kristen Sarcone, from Shoreham, New York and her good friend Michelle Tebbetts, who graduated from Johnson & Wales University in 2012, established intermural Field Hockey. Sarcone was president and Tebbetts was vice president while the sport was still an intramural. The two friends shared the same passion for field hockey, so they took initiative of going through the university board to have a varsity field hockey team. When interviewed, Sarcone stated, "We appreciated the university support, and could not have reached

our goal without the athletic department support." When asked if her and her teammates have yet to reach the realization that they're a part of Johnson & Wales University history by being the first varsity field hockey team, Sarcone replied, "it's an incredible feeling for my teammates and I. Just knowing that we set the standards for this team is an honor. One of our goals is to make history this season."

Johnson & Wales manage to get a great, talented, young mentor, Jessica Lane, to become the head coach for the Wildcat's field hockey team. Lane has coached

her last two seasons of field hockey at Eastern Connecticut State University. Lane also spent two seasons as a Graduate Assistant at Misericordia University. In addition, she was a 2009 graduate of Providence College, a two-time

All-Big East selection, and was named to the 2008 National Field Hockey Coaches Association All-Star Team.

I also had the chance to ask Sarcone about her relationship with Coach Lane on the field. She stated, "It is not every day you get to receive great knowledge from a Division One coach. We could not ask for a better coach. She has a strong background in field hockey, so we very fortunate." Good luck to Wildcats Field Hockey Team on their path to make JWU history.

## Wrestling to stay in the 2020 Olympics

**Philip Hersh**

Guest Contributor

"This is the most important day in the 3,000-year history of our sport," International Wrestling Federation President Nenad Lalovic of Serbia said. "Remaining on the Olympic program is crucial to wrestling's survival."

But baseball/softball and squash, the two bidders wrestling soundly defeated Sunday to claim the one open spot on the 2020 and 2024 Summer Games program, may not be dead yet.

One or both could be included in the 2020 Olympics, awarded Saturday to Tokyo. There already are proposals to cut events from some sports on the Summer Games program, reducing the number of athletes — capped at 10,500 — and making room for a new sport.

"There are all kinds of events that are irrelevant," said International Olympic Committee member Dick Pound of Canada, citing race walking as an example because "it is hard to organize, and everyone runs."

Pound vainly tried to have the IOC postpone Sunday's sports vote, analyze what trimming could be done and wait until its next general meeting — just five months away — to define the program for 2020.

"Baseball/softball for Tokyo would be nothing because they have the facilities," Pound said. "Squash basically costs nothing. You could have both if you wanted, but you have to act quickly."

Squash would seem to have the better chance, since it proposes just 64 athletes at the Olympics. Baseball/softball would have 296.

The refusal of Major League Baseball to guarantee its top players would compete at the Olympics remains a deal-killer in the minds of many IOC members. While baseball and softball are popular in Japan, host cities after 2020 may be loath to include them.

To Pound, Sunday's decisions were meaningless because they did not address the issue of keeping the Olympic program dynamic, a stated goal of the program review that led to ex-

pensive campaigns by all three bidding sports.

"Here we have the same old program, and the whole point of the exercise was moot," he said.

Wrestling saved its place by making a solid case for its modernity despite being a core sport of the ancient Olympics.

It took just one round of IOC voting for wrestling to get the needed majority, with 49 votes to 24 for baseball/softball and 22 for squash.

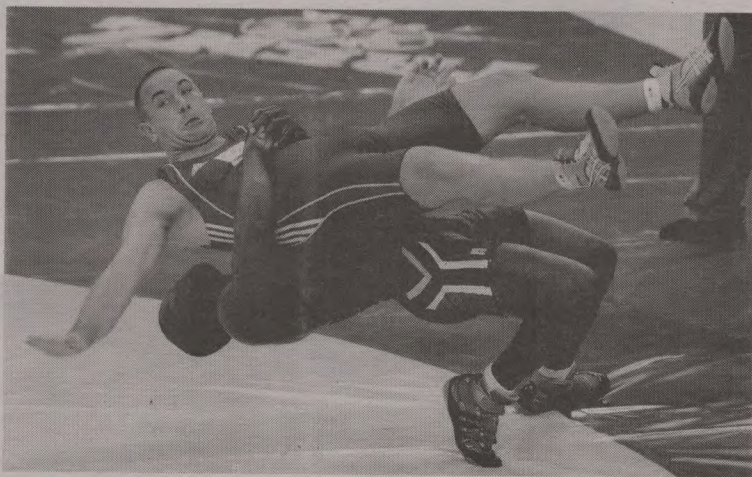
Wrestling's Olympic future had been in jeopardy

roots level" and will have considerable positive impact on collegiate programs.

"There is a symbiotic relationship between international and collegiate programs," he said. "Each would be significantly weakened without the other. At the collegiate level, because of economic pressures, it's a sport potentially at risk."

Keeping wrestling is among the rare battles in which the U.S., Russia and Iran were on the same side.

"We gave a good example,"



since the IOC executive board recommended in February it be dropped from the 25 "core sports" in the Summer Games. That forced wrestling to make radical changes in its governance and rules to address concerns underlying the executive board decision.

With the new rules, which reward aggressiveness, "things will be decided on the mat instead of by referees," said Alexander Karelin of Russia, a three-time Olympic Greco-Roman champion and one of the sport's legendary athletes.

Among the general changes were adding two women's freestyle weight classes to wrestling's Olympic events and cutting one each in men's freestyle and men's-only Greco-Roman. Beginning in 2016, there will be six of each.

Jim Scherr, a 1988 Olympic wrestler and former U.S. Olympic Committee chief executive officer, said wrestling's continued presence on the program is "critically important to interest and participation at the grass-

Lalovic said.

Baseball had been in the Olympics from 1992 through 2008, softball from 1996 through 2008. Both were voted off the program in 2005, with softball losing its place by one vote.

Each made a failed independent effort to return before following bad advice from some IOC members that they had a better chance with a joint bid. Their merged international federation was approved Sunday, making it impossible in the foreseeable future for softball to rid itself of the baseball albatross.

"I'm not sure this is the end (for baseball and softball)," said Don Porter, president of the former International Softball Federation, who has spent half his 82 years making softball's case as an Olympic sport. Porter intimated Sunday it may soon be the end of his involvement.

"We knew we had an uphill battle," Porter said. "It was inevitable wrestling would get back. I just wish we could have made a better showing."

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## Samsung debuts first Smartwatch

Ryland Grudzinski  
Staff Writer

The Galaxy Gear is Samsung's newest entry in the Galaxy Smartphone family, except the Gear is no phone. The Galaxy Gear is one of the world's first Smartwatches, capable of taking photos and videos, running apps and making calls through Bluetooth. While it's larger and heavier than other competitor's Smartwatches, Samsung has packed their new gadget with the latest tech. There is no denying the Gear is impressive, but will it be enough for consumers to take Smartwatches seriously?



So far, the Galaxy Gear is compatible with over 70 native apps, including Path (an app that allows users to share photos taken from their Gear), RunKeeper, and Evernote. These apps will most likely be simpler than their Smartphone counterparts, but still fully functional. The band of the watch itself holds a 1.9 megapixel camera capable of shooting video in 720p. The speaker and microphones will function as a wireless headset, able to connect

to any Bluetooth enabled phone. With 4GB of internal storage, users can carry nearly 800 songs with them on the go. Unfortunately, due to the lack of a headphone jack, you'll have to listen to your music via Bluetooth headphones.

On the down side, users will have to deal with slow load times and a good amount of interface lag while they wait for Smartwatch operating systems to get up to speed. Samsung is also trying to work out issues with its watch battery, capable of keeping your watch run-

ning "for about a day." Other reported issues include the watch being too reliant on its Smartphone partner, as many of the apps and features require the user to already own a Samsung Smartphone. Early testers of the device have criticized it on this point, claiming that without a Smartphone accompanying it, the Galaxy Gear isn't really all that "smart."

The Galaxy Gear will be launching worldwide this October. With a price point of \$299, it will be competing directly with other Smartwatches. Be sure to keep up with any recent updates and developments on the Galaxy Gear, be sure to visit Samsung.com.

## UIB CAMPUS EVENTS FALL EVENTS

WEEKLY MEETINGS 8PM WILDCAT CENTER LOUNGE

09/10/13: COFFEE AND TEA WITH UIB  
11AM-2PM | GREEK COMMONS

09/11/2013: FIRST UIB MEETING  
8PM | WILDCAT CENTER LOUNGE

09/12/13: MOVIE NIGHT: IRON MAN 3  
9PM | WILDCAT CENTER LOUNGE

09/13/2013: LASER TAG  
9PM | HARBORSIDE GREEN

09/19/2013: MOVIE NIGHT: MONSTERS UNIVERSITY  
9PM | WILDCAT CENTER LOUNGE

09/24/13: COMEDIAN: LUKE THAYER  
9PM | SCHNEIDER AUDITORIUM

09/26/13: MOVIE NIGHT: MAN OF STEEL  
9PM | WILDCAT CENTER LOUNGE

09/28/13: DAY TRIP- BOSTON  
(TICKETS ARE REQUIRED)

09/30/13: WELCOME BACK BINGO  
8PM | WILDCAT CENTER LOUNGE

10/3/13: MOVIE NIGHT: DESPICABLE ME 2  
9PM | WILDCAT CENTER LOUNGE

10/4/13: OPEN MIC NIGHT  
9PM | WILDCAT CENTER LOUNGE

10/10/13: MOVIE NIGHT: WHITE HOUSE DOWN  
9PM | WILDCAT CENTER LOUNGE

10/17/13: MOVIE NIGHT: PACIFIC RIM  
9PM | WILDCAT CENTER LOUNGE

10/24/13: GARNISH A GOURD  
11AM-3PM | GREEK COMMONS

10/24/13: MOVIE NIGHT: THE CONJURING  
9PM | WILDCAT CENTER LOUNGE

10/25/13: FALL FEST  
1-4PM | HARBORSIDE GREEN

10/25/13: MIDNIGHT MADNESS  
10PM | WILDCAT CENTER GYM

10/26/13: TRIP TO SIX FLAGS FRIGHT FEST  
(TICKETS ARE REQUIRED)

10/28/13: BINGO  
8PM | WILDCAT CENTER LOUNGE

10/29/13: COMEDIAN: RYAN REISS  
9PM | SCHNEIDER AUDITORIUM

10/30/13: EVENT TBA  
8PM | PERSI FORUM

10/31/13: MOVIE NIGHT: THE GOONIES  
9PM | WILDCAT CENTER LOUNGE

11/07/13: MOVIE NIGHT: WE'RE THE MILLERS  
9PM | WILDCAT CENTER LOUNGE

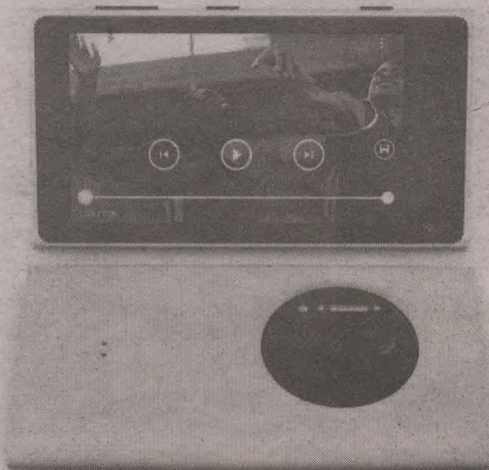
11/14/13: MOVIE NIGHT: ELYSIUM  
9PM | WILDCAT CENTER LOUNGE

FREAK WEEK EVENTS

## New Smartphone is worth loving

Antoun "Tony" Bahit  
Staff Writer

The Nokia Lumia 1020 is one of the best phones that Microsoft Windows has released since 2010. For many of us, the best Smartphones require high technology and high-user interface.



With the Lumia 1020, Microsoft added new features that other Smartphones currently lack, including a high-resolution cam-

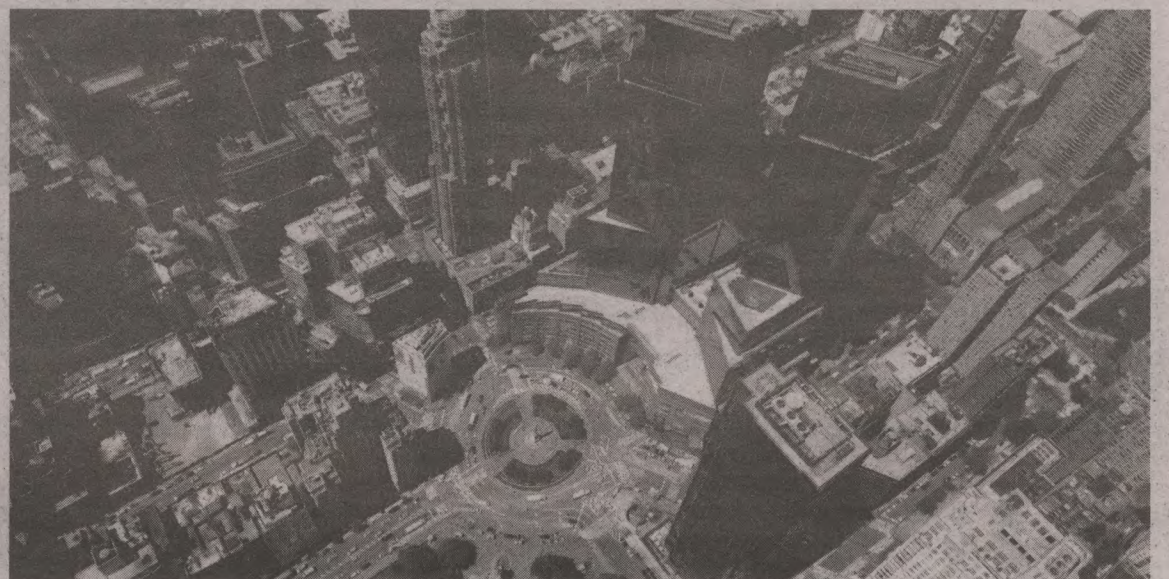
era. For example, the Samsung S4 has 13 megapixels, and Note 3 has 16 megapixels, but Lumia 1020 has 41 megapixels camera. No, I am not joking; A 41-megapixel camera. This mean you are going to take pictures and videos above the resolution that average digital cameras take. Moreover, your pictures will be three times better than any other phone. This phone will capture details that other phones won't be able to. That is the key selling point for Nokia Lumia 1020 being the only Windows phone that is worth loving.

In addition to its 3X optical zoom, the point and shoot camera's imaging sensor measures .67 inches diagonally, compared to .31 inches diagonally for the iPhone 5. The bigger the sensors, the better the pictures and videos. The Lumia also has xenon flash.

Lumia has a Carl Zeiss Tessar Lens, 4.5-inch screen display, dual core 1.5 GHz processor, and Windows 8. The camera sticks out of the phone's body by merely 0.51 inches, meaning that the phone won't lie flat on its back. The phone weight is 5.6 ounces, and has the matte yellow, white, or black color. Because the Lu-

mia 1020 has high resolution, it will be hard to upload pictures and videos. For these reasons all your pictures will be saved as five megapixels for easier uploads. Moreover, the phone has four applications for the camera: Nokia Pro Cam, Panorama, Cinema Graph, and Nokia Smart Cam.

This phone has Windows 8, and features such as office hub, photo hub, visual voicemail, Xbox SmartGlass, Internet Explorer 10, Skydrive, and of course live tiles. All in all, this phone is the perfect phone for picture taking due to its high-resolution camera.



A gorgeous photograph snapped using the Nokia Lumia 1020.  
Photographs // Nokia



# UIB FALL FILM SERIES



-----  
9 PM EVERY THURSDAY  
WILDCAT CENTER LOUNGE  
-----

09/12	IRON MAN 3
09/19	MONSTERS UNIVERSITY
09/26	MAN OF STEEL
10/03	DESPICABLE ME 2
10/10	WHITE HOUSE DOWN
10/17	PACIFIC RIM
10/24	THE CONJURING
10/31	THE GOONIES
11/07	WE'RE THE MILLERS
11/14	ELYSIUM



## FALL FILM SERIES

